

Ingredients

4 servings

- ☐ 1 white onion, sliced
- ☐ 1 rack baby back ribs, I used pork
- ☐ 1 ½ cups beef broth
- ☐ 1 cup BBQ sauce

Dry Rub

- ☐ 1 tbsp paprika
- ☐ 1 tbsp garlic powder
- ☐ 2 tbsp coconut sugar, or brown sugar, see note
- ☐ 1 tsp onion powder
- ☐ 1 tbsp ground mustard
- ☐ ½ tsp cayenne pepper
- ☐ 1 tsp sea salt
- ☐ 1 tsp ground pepper
- ☐ ½ tsp oregano

Instructions

First, preheat oven to 300 degrees Fahrenheit.

In a large Dutch oven, add chopped onion.

Then, mix together dry rub mix. Rub on both sides of ribs.

If ribs are too long to fit in Dutch oven, then carefully cut into 2 or 3 pieces that will fit inside.

Once seasoned and cut, layer ribs in Dutch oven.

Pour beef broth and BBQ sauce on top.

Place Dutch oven in the oven. No need to cover the Dutch oven.

Bake for 2 ½ to 3 hours or until ribs are tender.

Finally, remove ribs from Dutch oven. Top with additional BBQ sauce if desired.

Notes

I used a 7 quart cast iron skillet.

Rub dry rub all over both sides of the ribs.

I used pork baby back ribs for this recipe.

Chicken broth or another broth can replace beef broth.

Any BBQ sauce works. I love Primal Kitchen Foods for a Whole30 option and Sweet Baby Ray's for a full sugar version!

Ribs are done cooking at 145 degrees Fahrenheit, but they will still be tough. Cook until internal temperature reaches between 195 degrees and 200 degrees for tender meat.

Store leftovers in an airtight container in the fridge for up to 4 days.

To reheat, place ribs on parchment lined baking sheet. Bake at 300 degrees Fahrenheit for about 7 to 8 minutes or until warmed through.